

JBSA LEGACY

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JOINT BASE SAN ANTONIO

FEBRUARY 23, 2018



PHOTO BY DAVID DEKUNDER

Staff Sgt. Washington (left) of U.S. Marine Corps Forces Special Operations Command conducts an inspection of military free-fall jumping equipment worn by Army Pvt. Austin Corbett, a member of Company B, 232nd Medical Battalion, at Joint Base San Antonio-Fort Sam Houston.

JBSA-FSH unit hosts Marine Corps Jumpmaster course

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Hospital keeps canine warriors fit for duty

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Army warns Soldiers about dangers of social media impersonation

From U.S. Army Criminal Investigation Command Public Affairs

The U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit is once again warning Soldiers and the Army community to be on the lookout for "social media scams" where cybercriminals impersonate service members by using actual and fictitious information, not just for "trust-based relationship scams," also known as Romance Scams, but for other impersonation crimes such as sales schemes and advance fee schemes.

"By monitoring your social media identity, you can protect your Army family and your reputation," said Special Agent Daniel Andrews, CCIU director. "The criminals will use factual data from official websites and Soldiers' personal social media sites, then prey on vulnerable people's trusting nature and willingness to help the Soldier."

Frequently, CID receives notifications from individuals stating they were scammed online by someone claiming to be a Soldier, but in reality it was an online scammer who has used an unsuspected Soldier's name and available social media photos to commit a crime.

No one is immune from becoming a victim. Scammers steal the identity of senior officers, enlisted personnel and civilians. Scammers, using this information from legitimate profiles, will capitalize on the trustworthy reputation of individuals associated with the Army.

According to experts, mitigating fraudulent social media is not simple and there is no definitive way to stop criminals from using your personal data and photos. CID officials say that the ideal solution is to limit

the details you provide about yourself in your social media profile. Additionally, Soldiers should take advantage of all security and safety features and protocols offered on their social media accounts.

Another tip is to routinely search for your name on various social media platforms. Since scammers may use your photo but change the name, you should also conduct an image search of your social media profile pictures.

"Carefully scrutinize the pictures you post of yourself or are posted by others for revealing details like your name tag, unit patch and rank," Andrews said. "Creating a profile display name other than your actual name makes it more difficult for people who do not know you well to find your profile and fraudulently use your social media identity."

If you find yourself or a family member being impersonated online, CID warns that you should take immediate steps to have the fraudulent sites removed. Victims should contact the social media platform (company) and report the false profile.

Keep in mind that criminals create impersonation accounts to look just like the real account of a service member by using very similarly spelled names and replacing characters with dashes, spaces, and/or homoglyph characters. Be on the lookout for simple changes such as zeros (0) used instead of the letter "O" or a number one (1) instead of the letter "I".

"Always remember that effectively searching yourself requires creativity because of the misspelled names and other identifying information slightly different to disguise the criminal activity or just because the scammer doesn't have command of the English language," CID officials said. "Criminals

will hijack photographs found on the Soldiers official and personal social media page and create a similar or identical biography."

Officials also warned that impersonations can be classified as Confidence Based/Romance Relationship, Sales Schemes or Advance Fee Schemes.

Confidence Based/Romance Relationship: Scammers defraud victims by pretending to be service members seeking romance or in need of emotional support and companionship. In these scams, cybercriminals often derive information for their fictionalized military personas from official military websites and social networking websites where military families post information about their loved ones.

Scammers gather enough detailed personal information, including pictures, to concoct believable stories tailored to appeal to a victim's emotions and then lure unsuspecting victims (most often women) into sending money to help them with transportation costs, marriage processing expenses, medical fees, communication fees such as laptops and satellite telephones. They typically promise to repay the victim when they finally meet; however, once the victim stops sending money, the scammer is not heard from again.

Sales Schemes: Most frequently carried out on sites that facilitate sales of various products, scammers lure victims by offering goods well below market price. Most scams involve vehicle sales, house rentals or similar big-ticket items. The scammer advertises an item for sale, at a to-good-to-be-true price, and describes it in the broadest of terms.

A person showing interest is soon contacted by the "seller"

who claims to be a service member with a military unit that is being deployed abroad. The scammer uses the pending deployment to explain the need for a quick sale and, hence, the below market sales price. The scammer insists that money changes hands quickly using some untraceable and irrevocable means such as Western Union, MoneyGram or gift cards. The merchandise is never received and the scammer is not heard from again.

Advance Fee Schemes: These schemes defraud potential victims by promising big profits in exchange for help in moving large sums of money (or gold, oil, or some other commodity or contraband). Claiming to be high-ranking or well-placed government/military officials or the surviving spouse of former government leaders, the perpetrators offer to transfer significant amounts of money into the victim's bank account in exchange for a small fee. Some use photographs and biographical information of high-profile American military officials obtained from the internet. Scammers that receive payment are never heard from again.

"The Computer Crime Investigative Unit has found that the longer an imposter account is active, the greater the likelihood of misleading others," Andrews said. "Protect yourself by conducting internet searches on yourself and your family. Expediency is paramount."

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers visit the Army CID website at <http://www.cid.army.mil/cciu-advisories.html>.

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Basura Bash draws hundreds of volunteers

The annual one-day event to clean out the San Antonio Watershed a success

By Steve Elliott

502ND AIR BASE WING
PUBLIC AFFAIRS

Hundreds of volunteers turned out for the annual Basura Bash Feb. 17 as part of a community effort to help clean out an important waterway which runs through Joint Base San Antonio-Fort Sam Hous-

ton. The Basura Bash is a one-day, all-volunteer event to clean the San Antonio Watershed.

On an overcast morning, the volunteers first received a safety briefing and encouraging words from Army Col. Lee Flemming, 502nd Air Base Wing and JBSA vice commander, before tackling the



PHOTOS BY STEVE ELLIOTT

Seaman Ryan Shorter, who is training to become a medical corpsman at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston, reaches for a piece of trash along Salado Creek Feb. 17 during the annual Basura Bash.



A trio of Soldiers show their prowess on the water as they search the shores of Salado Creek for trash Feb. 17 during the annual Basura Bash at Joint Base San Antonio-Fort Sam Houston.

different areas of the creek and surrounding areas as part of the annual Basura Bash, now in its eighth year.

"We're very glad to have you out here today," Flemming said. "A lot of trash washes downstream from other areas, so this cleanup effort is absolutely vital."

A steady flow of volunteers came and went from the park area throughout the morning, each determined to be a part of something bigger than themselves and make a difference in the appearance of the creek and park areas. Entire families made a morning of the event. Troops of Boy Scouts and Girls Scouts dug in and got

busy picking up trash from all corners of the park. The military was well represented with hundreds of Soldiers, Sailors and Airmen working throughout the morning to clear out a year's worth of accumulated debris.

The effects of storm water runoff are one reason the Basura Bash creek clean-up is necessary. Storm water runoff occurs when precipitation comes down faster than our soils can soak it up and this rain flows over the ground. Impervious surfaces like driveways, sidewalks and streets prevent stormwater runoff from naturally soaking into the ground.

Storm water can pick up debris, chemicals, dirt and other pollutants before it flows into a storm sewer system or directly to a lake, stream, river, wetland or coastal waterway. Anything that enters a storm sewer system is discharged, untreated, into the bodies of water we use for swimming, fishing and providing drinking water.

The JBSA-Fort Sam Houston Basura Bash was a part of a larger effort throughout San Antonio that saw residents, community groups and organizations collecting trash from 8 a.m. to noon Feb. 17 at 20 different locations that connect to San Antonio's watershed.

The 59th Medical Wing will host a Health Rally for the Joint Base San Antonio community on Saturday, Feb. 24 at JBSA-Randolph. The event will take a broader holistic approach to mind-body-behavior wellness and will provide information on health, fitness, family and nutrition. For complete details, see Page 21.

DOD releases new policy on non-deployable members

By Lisa Ferdinando

DOD NEWS, DEFENSE MEDIA ACTIVITY

The Defense Department has released a new policy on military retention for non-deployable service members as it seeks to provide more ready and lethal forces, the undersecretary of defense for personnel and readiness told Congress Feb. 15.

“The situation we face today is really unlike anything that we have faced, certainly in the post-World War II era,” Robert Wilkie told the Senate Armed Services Committee’s personnel subcommittee.

On any given day, about 286,000 service members — 13 to 14 percent of the total force — are non-deployable, Wilkie said at a hearing on military and civilian personnel programs and military family readiness.

Defense Secretary James N. Mattis in July tasked the Office of the Undersecretary of Defense for Personnel and Readiness with developing policies to ensure everyone who enters the military and those who remain in the military are worldwide deployable, he



SPC. LUTHER L. BOOTHE JR.

Task Force Currahee Soldiers from Company C, 1st Battalion of the 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division leave Forward Operating Base Khayr-Khot Castle on a joint patrol with the Afghan National Army to the city of KKC Oct. 6, 2010.

explained.

Service members who have been non-deployable for more than 12 consecutive months will be processed for administrative separation or referred

to the disability evaluation system, he said.

“This new policy is a 12-month ‘deploy-or-be-removed’ policy,” he said, noting there are exceptions, such as pregnancy and postpartum conditions. Medical boards will review the medical status of those who have been wounded, he said.

“We need to look at the force holistically,” he said. “We have to ensure given the climate that this country faces that everyone who signs up can be deployed to any corner of the world at any given time, and that is the reason for the change in policy.”

The new policy is effective immediately. Military services have until Oct. 1 to begin mandatory processing of non-deployable service members, Patricia Mulcahy, the director of DOD’s officer and enlisted personnel management office, said.

Service members could be non-deployable for any number of reasons, she said, such as falling behind on annual medical exams or due to combat or training injuries. Only a small percentage of those who are non-de-

ployable have been in that status for more than 12 months, Mulcahy said.

Each service member’s case will be individually reviewed, she said, and the secretaries of the military departments are authorized to grant waivers to retain members.

The purpose of the policy is not to separate members, but rather is to get members back into a deployable status if possible, she emphasized.

“I think it’s important to know that there is the balance between readiness and helping our members who are not going to be able to heal adequately to be deployable to help them with the next phase of their lives as well,” she said.

The policy is meant to improve readiness and ensure members are deployable worldwide to carry out the mission of safeguarding the nation and fighting and winning the nation’s wars, she said.

“Since Secretary Mattis has been on board, readiness and lethality of the forces has been the absolutely No. 1 priority for him, and thus for the department,” she said.

UCMJ UPDATE

Unauthorized distribution of sexual imagery now a criminal offense

By Devon L. Suits

ARMY NEWS SERVICE

The 2018 National Defense Authorization Act, which became law in December, provides the military justice system new tools to prosecute service members who maliciously distribute sexually explicit images of others, or what is commonly referred to as “revenge porn.”

The 2018 NDAA adds Article 117a to the Uniform Code of Military Justice. “The new article is titled ‘Wrongful broadcast or distribution of intimate visual images,’” said Lt. Col. Jay L. Thoman, a judge advocate and the chief of the Army’s Criminal Law Policy Branch.

The “Marines United” scandal of 2017 was a driving force behind the addition of Article 117a to the UCMJ, Thoman said.

As part of that scandal, more than 30,000 active duty and retired armed forces members were initially accused of being involved in the distribution or viewing of private, intimate or sexually explicit imagery. A portion of the distributed material included images of female service members and military spouses.

“Posting compromising pictures of fellow service members not only works to undercut the trust within the unit but is completely counter to the values the services represent,” Thoman said. “It has the potential to destroy unit cohesion, hurts the victim and is destructive.”

“With the implementation of Article 117a, there is now a clearer way to bring offenders to justice,” Thoman said.

“It seems that Congress wanted to make sure that this type of behavior was unmistakably not acceptable. Criminalizing the conduct sent just that message,” Thoman said.



COURTESY PHOTO

With the passing of the 2018 NDAA, those who distribute the kinds of images that were part of the “Marines United” scandal are now on notice that they could be found “guilty of wrongful distribution of intimate visual images or visual images of sexually explicit conduct and shall be punished as a court-martial may direct.”

Article 117a, now part of the UCMJ, goes to great lengths to clarify what constitutes wrongdoing, and defines specific terminology, Thoman said.

According to the article, the accused should know that the person depicted in the image retains a reasonable expectation of privacy.

In addition, the accused should know that the broadcast of imagery was likely to cause “harm, harassment, intimidation, emotional distress, or financial loss to the person depicted in the image, or harms substantially the depicted person’s health, safety, business, calling, career, financial condition, reputation, or personal relationships.”

To provide even further clarity, lawmakers defined in detail

the language used in the law.

The term “broadcast,” for instance, means to “electronically transmit a visual image with the intent that it be viewed by a person or persons.”

The term “sexually explicit conduct” is defined to include “actual or simulated genital-genital contact, oral-genital contact, anal-genital contact, or oral-anal contact, whether between persons of the same or opposite sex, bestiality, masturbation, or sadistic or masochistic abuse.”

Other terms defined include “distribute,” “intimate visual image,” “reasonable expectation of privacy,” and “visual image.”

According to Thoman, there was a limit to the actions the U.S. military legal system could take against a service member prior to inclusion of Article 117a in the UCMJ.

“While it has been illegal to create an indecent photo of an unknowing subject, if they willingly participated, the legality of forwarding that picture to a third party was uncertain,” he said.

An example of this most commonly occurs in a relation-

ship turned bad. If two Soldiers are dating, Soldier A can legally take a graphic picture of themselves and then send it to Soldier B, in most situations.

“However, just because it is legal does not necessarily make it a good idea,” he added.

Soldier B cherishes the picture and did not think of showing it to anyone else until the relationship sours and the two Soldiers breakup. Soldier B, still feeling angry about the breakup, forwards the picture to Soldier A’s squad. While Soldier B is temporarily upbeat about thinking of such an easy way to get back at Soldier A, in all likelihood, Soldier B has just committed a federal crime, Thoman said.

According to Thoman, the legal analysis to get to a federal conviction is now more straightforward for that case.

The accused knowingly distributed an image of another person. The image depicted the private area of that person. The person was identifiable. The identified person did not give their consent. The accused knew the person depicted had a reasonable expectation of priva-

cy and was caused emotional distress as a result of the distribution. Finally, under the circumstances, the accused’s conduct had a reasonably direct and evident connection to a military environment.

In addition to the changes to the UCMJ, Sexual Harassment/Assault Response and Prevention program officials want to ensure that support is available to Soldiers impacted by the illegal broadcast of intimate or sexually explicit imagery.

Considered to be a form of sexual harassment, victims of the crime as spelled out in Article 117a who choose to receive services will receive support from a victim advocate who can provide crisis intervention.

That intervention includes such things as referrals to behavioral health, chaplains, special victim witness liaisons, and the victim witness assistance program.

Additionally, Soldiers will have access to safety planning, accompaniment to interviews and appointments, and assistance with obtaining a military or civilian protective order, according to LeWonnie Belcher, SHARP program office branch chief for communications, outreach, and leadership engagement.

According to Thoman, the implementation of Article 117a fills a gap in military law. And while technology will continue to evolve, he said, the new law was written broadly enough to accommodate those changes.

“I think ‘revenge porn,’ as it is commonly called, is a growing issue across society,” Thoman said. “Because of that, we see an increase in the frequency in the military as well. Ultimately, Article 117a could help prevent that divisiveness in the future that could disrupt a unit when something like this happens.”

JBSA commemorates first military flight by Foulois in 1910

By Steve Elliott

502ND AIR BASE WING PUBLIC AFFAIRS

The legacy of aviation pioneer Army Maj. Gen. Benjamin D. Foulois will be remembered with a wreath-laying ceremony at the Foulois House at Joint Base San Antonio-Fort Sam Houston March 2, just a few hundred feet from where the man who helped usher in the dawn of military flight made his historic journey 108 years ago.

The original Signal Corps Aircraft No. 1 was a Canard biplane with a four-cylinder Wright 30.6 horsepower engine driving two wooden propellers via a sprocket-and-chain transmission system. “Old Number One,” America’s first military airplane, was an earlier machine than the Model B the Wright brothers began building in their Dayton factory in 1910.

A distinguishing feature was its front-mounted elevator. But Foulois made so many modifications in consultation with the Wrights, including a tail-mounted elevator, that by the end of 1910 it resembled a Model B.

Foulois graduated from the Army Signal School in 1908 and first learned to fly on the Army Dirigible No. 1, a lighter-than-air engine-propelled airship. He later participated in the trials of the Wright Flyer with the Wright brothers.

During the trials, Foulois was on board in the observer’s seat of the Wright Flyer with Orville Wright,



PHOTO BY ILLUSTRATION COURTESY OF FORT SAM HOUSTON MUSEUM
The first Army aircraft made its initial flight March 2, 1910, at Fort Sam Houston with Lt. Benjamin Foulois at the controls.

and clocked the airplane’s landmark 10-mile flight time that qualified that airplane for acceptance into the Army.

In February 1910, Foulois was transferred to Fort Sam Houston with a team of enlisted men known as his “flying soldiers” and the Army’s only airplane, Army Airplane No. 1. Here, he learned to fly it himself, aided by instructions in letters from the Wright brothers. Foulois said he was a “mail-order pilot” who had learned to fly through his correspondence with the Wright brothers.

March 2, 1910, Foulois climbed aboard the Army

Airplane No. 1 at Fort Sam Houston and at 9:30 a.m. circled the field, attaining the height of 200 feet and circling the field at the speed of 30 mph. The flight only lasted for seven and a half minutes.

Foulois made four flights that day, crashing on the last flight due to a broken fuel pipe. The premier flight became known as the “birth of military flight,” and Foulois became known as the “father of U.S. military aviation.”

“I made my first solo, my first landing and my first crackup — all the same day,” Foulois said.

Foulois was relieved from flying duties in July 1911 and returned to aviation duty with the Signal Corps Aviation School at North Island, San Diego, in December 1913. He later commanded the 1st Aero Squadron in Mexico during the campaign to arrest Pancho Villa in 1916. He served as chief of air service, Air Expeditionary Force, in France from 1917 to 1918.

Foulois was in charge of the materiel division at Wright Field, now Wright-Patterson Air Force Base, Ohio, from 1929 to 1930, and Dec. 20, 1931, became chief of the Army Air Corps. He retired from active military service as a major general Dec. 31, 1935. He died April 25, 1967.

An extensive biography of Foulois is available online at <http://www.af.mil/AboutUs/Biographies/Display/tabid/225/Article/107091/major-general-benjamin-delahauf-foulois.aspx>.

FORT SAM HOUSTON

ARNORTH leadership meets off-site

Leaders step back to look at the big picture

By Staff Sgt. Tomora Nance
U.S. ARMY NORTH PUBLIC AFFAIRS

U.S. Army North (Fifth Army) leadership met for a Theater Campaign Support Plan Assessment off-site at the Sam Houston Community Center Feb. 8.

The commander's off-site provided ARNORTH's leadership with an assessment of the command's performance in achieving the desired conditions, inform future priorities, identified gaps and validate "or redefine" the intermediate objectives through validation.

"This off-site was, first, a chance to bring the staff together and look at how our operational environment has changed in the last year," said Lt. Gen. Jeffery Buchanan, commander of U.S. Army North (Fifth Army). "We re-



STAFF SGT. TOMORA NANCE

Lt. Gen. Jeffery S. Buchanan (right), commander of U.S. Army North (Fifth Army), discusses the importance of having an off-site to decide on future priorities for ARNORTH during the Theater Campaign Support Plan Assessment at the Sam Houston Community Center Feb. 8.

viewed important geopolitical events, analyzed new policy guidance like the National Security Strategy and National Defense Authorization Act and considered lessons learned in the last year, like our observations from our response to Hurricanes Harvey, Irma, and Maria. From there, we were able to focus on the way ahead

that included validating, or even changing, our campaign objectives and reflecting on ways to achieve those objectives over time."

But, why did the leadership decide to host a meeting off-site opposite to a meeting at the ARNORTH headquarters?

"Getting away from the headquarters was important to

avoid the distraction of meetings and emails and other day-to-day work," Buchanan said. "We were able to take a step back to look at the big picture, to think exclusively about our command objectives and determine if we are doing things right and, more importantly, doing the right things.

"So, we are committing ourselves to this day as leaders," Buchanan added. "This is not about me, this is about us working together as a team to shape our behaviors for the next year's operations."

Mark Kazmierczak, ARNORTH Campaign and Assessment Division lead planner, discussed the significance of the intermediate objectives, and the information that comprised the narrative for the intermediate objectives.

"Like Lt. Gen. Buchanan said, we're looking at this as a current validation of our previous assessment, and looking for staff and command input to ensure we are receiving the necessary recommendations, so we can build and provide what

we think is a priority that needs to come out of this off-site as we go forward," Kazmierczak said. "Since November 2017, we've been looking deeply at the intermediate objectives and conditions as a working group; we did a 14-page narrative, and we took that narrative and translated it into this brief.

ARNORTH's off-site's included topics on the operational approach, review of the intermediate objectives, and changes to the operational environment.

"We are going to look at the operational approach that we developed last year to access the direction of what we are trying to achieve with this campaign plan that nests with Northern Command, Defense Support to Civil Authorities and Department of Homeland Defense objectives," Buchanan said. "Those descriptions from last year were key to how we describe those conditions, which were key to how we assess this campaign plan."

The off-site concluded with the recommended priorities for fiscal year 2018.



COURTESY PHOTO

ARMY RECRUITS SWORN IN AT SAN ANTONIO STOCK SHOW & RODEO

New U.S. Army recruits receive the oath of enlistment Feb. 16 during the opening ceremony of the San Antonio Stock Show & Rodeo. The oath was administered by Lt. Gen. Jeffery S. Buchanan, U.S. Army North (Fifth Army) commander, who is stationed at Joint Base San Antonio-Fort Sam Houston. A mounted color guard from JBSA-Fort Sam Houston presented the colors and a Soldier sang the National Anthem.

410th CSB hones skills at JBSA-Camp Bullis

By Daniel P. Elkins

MISSION AND INSTALLATION
CONTRACTING COMMAND
PUBLIC AFFAIRS

Approximately 40 members of the 410th Contracting Support Brigade put their contingency contracting skills to the test during a humanitarian assistance disaster relief exercise Feb. 7-9 at Joint Base San Antonio-Camp Bullis.

The exercise scenario was in response to a simulated U.S. Army South request for support from two contracting teams in response to an excessive number of migrants entering into Guantanamo Bay and overflowing into the Dominican Republic.

Maj. Randal Carter, 410th CSB operations officer, planned and led the exercise.

"The purpose of this exercise is to make sure we are synchronized with updated guidance from the Army Contracting Command and Army when it comes to Objective T," Carter said. "Focused on readiness, one of the portions of the objective is external evaluation to serve as observers and trainers to evaluate our teams on mission essential task list proficiency"

"Objective T" is the Army's system designed to measure unit readiness by looking at its personnel, equipment and training.

Providing external evaluation were the Mission and Installation Contracting Command's

Sgt. 1st Class Bonifacio Magdaleno from the 418th Contracting Support Brigade at Fort Hood, Texas, and Sgt. 1st Class Jack Howard from the 419th CSB at Fort Bragg, N.C. Magdaleno and Howard were each joined by a Texas Army National Guard member from the 1936th Contingency Contracting Battalion from Camp Mabry, near Austin, Texas, to form evaluation teams for each of the exercise cells.

"The value of each of those integrating with our unit for this exercise is that we train as we fight," Carter said. "In times of an up tempo for contracting support, the Reserve or National Guard would have deployed alongside us. We also know that at any point in time, any of our sister brigades could deploy downrange, and we could support the mission together."

An exercise warning order Feb. 6 informed the brigade of the potential to respond to a request for support by ARSOUTH. This activated the brigade's contracting teams to begin pre-deployment operations and troop leadership procedures.

An alert serving as official notice to simulate deploying to the Dominican Republic followed the next day prompting the team to convoy to a forward operation base located at JBSA-Camp Bullis in northwest San Antonio. Following an in-brief, the teams were provided resources to establish contracting



DANIEL P. ELKINS

Sgt. 1st Class La Chad Jefferson provides contracting support during a humanitarian assistance disaster relief exercise Feb. 8 at Joint Base San Antonio-Camp Bullis.

offices consisting of tents in an austere environment with no computer network connectivity.

Carter explained that contracting methods differ for contracting teams operating in declared contingency environments to include dollar thresholds and rules. Although members of the 410th CSB are familiar with stateside contracting rules, policies and procedures, she said some individuals have never deployed to contingency environments.

One element of training on the initial day included the use of Standard Form 44, Purchase Order — Invoice — Voucher. The SF 44 is designed to serve multiple purposes for on-the-spot purchases of supplies and services. Intended to be more efficient and economical based

on the situation, procedures for issuing an SF-44 are outlined in general instructions on the form that and absent of clauses.

"We support a lot of contingencies and exercises, but not a lot of humanitarian assistance disaster relief support, so being able to train on what right looks like since we don't use it as often is value added to the team," Carter said.

The team relocated Feb. 8 across JBSA-Camp Bullis to hardened shelters serving as contracting cells with computer connectivity to more effectively support ARSOUTH contract needs. Also embedded with the cells were role players who presented various situations from a master event scenario list, or MSEL, developed during exercise planning, which began

in October.

Among the role players was Staff Sgt. Catherine Johnson, a contracting officer with the 410th CSB's 713th Contracting Team at JBSA-Fort Sam Houston. Posing as a local vendor in the Dominican Republic, she tested the team members' ability to follow Federal Acquisition Regulation rules and integrity standards when it came to accepting gifts, money or other enticements to curry favor in the award of contracts.

"These types of exercise scenarios are very common. When it comes to contingency environments, contracting teams are usually one of the first groups on the ground to provide basic life support services the first 30 to 90 days," Johnson said. "Even though we're local vendors, the embassy on site should have done its own due diligence to make sure the contracting team coming in has enough information to support whatever it needs to do."

The exercise concluded Feb. 9 as contracting teams conducted re-deployment operations from Camp Bullis to Fort Sam Houston, followed by an awards ceremony to recognize outstanding performers.

The 410th CSB is a subordinate unit of the Army Contracting Command. It provides expeditionary contingency contracting support to ARSOUTH in response to Army and joint operations in the U.S. Southern Command area of operations.

Military Free-Fall

JBSA-FSH unit hosts first-ever Marine Corps jumpmaster course

By David DeKunder

502ND AIR BASE WING
PUBLIC AFFAIRS

A Marine Corps unit at Joint Base San Antonio-Fort Sam Houston is hosting a first-ever Marine Military Free-Fall jumpmaster Course to train Marines to be certified jumpmasters, the troops who are responsible for military free-fall parachute operations.

Fifteen Marines are undergoing training in the jumpmaster class at the 4th Reconnaissance Battalion, a Marine Corps reserve unit based at JBSA-Fort Sam Houston. The three-week class started Jan. 29 and runs until Feb. 16.

Master Sgt. Cliff Moffitt, NCO in charge and chief instructor for the class, said the Marine Military Free-Fall jumpmaster Course is the first jumpmaster class to be run by the Marine Corps for its troops.

In previous years, Marines had to train in jumpmaster courses at other Department of Defense service schools.

Moffitt said the Marine Corps decided to run their own jumpmaster course to meet growing operational needs among its troops.

"We have an operational need that we weren't able to satisfy elsewhere," Moffitt said. "So the determination was made to start up our own Military Free-Fall jumpmaster Course. By having our own course, we will be able to produce the number of Jumpmasters required in the Marine Corps."

Moffitt said the course consists of academics, conducting inspections on jumpers wearing multi-mission parachute system equipment, a process known as jumpmaster Personnel Inspection, and spotting, the skill of maneuvering an aircraft consisting of jumpers over a desired impact point.

After taking the course and



DAVID DEKUNDER

Staff Sgt. Jack Hausmann (right), 1st Reconnaissance Battalion reconnaissance Marine, conducts an inspection of military free-fall jumping equipment worn by Army Pvt. Tran Richard during a training session in the Marine Military Free-Fall Jumpmaster Course held at the 4th Reconnaissance Battalion, located at Joint Base San Antonio-Fort Sam Houston. The course started Jan. 29 and runs until Feb. 16.

becoming certified jumpmasters, the Marines will oversee every aspect of military free-fall operations, including planning, execution and recovery.

"A jumpmaster is overall responsible for the safe conduct of airborne operations," Moffitt said.

The Marines in the course are experienced and qualified military free-fall jumpers who have met the course prerequisites. The course includes four instructors, who are certified Jumpmasters and have an average of 8 to 10 years as experienced military free-fall jumpers.

The mobile training operations part of the class is being conducted at Skydive San Mar-

cos, located near San Marcos, Texas.

Moffitt said instructors in the class emphasize to the students attention to detail and being sure of everything they are doing as Jumpmasters.

"We strive for perfection in everything we do as a jumpmaster," Moffitt said. "People's lives depend on it. It's been challenging to the students as it's meant to be. Upon graduation they will be qualified Military Free-Fall Jumpmasters responsible for all aspects during military free-fall operations. They (students) will leave here and go back to their unit and act in the capacity of a Military Free-Fall jumpmaster, which is a significant responsi-

bility."

Moffitt thanked the 4th Reconnaissance Battalion for their help in hosting the class.

"They are gracious hosts in ensuring the Marine Military Free-Fall jumpmaster Course has everything necessary to complete the mission, which is to produce qualified, competent Military Free-Fall Jumpmasters," he said.

Before hosting the Marine Military Free-Fall jumpmaster Course, the 4th Reconnaissance Battalion had hosted an Army-led jumpmaster course last year.

Staff Sgt. Jack Hausmann, a reconnaissance Marine with the 1st Reconnaissance Battalion at Camp Pendleton, Calif.,

"I think it is incredible leaving an aircraft at 25,000 feet at night, it is the ultimate feeling of exhilaration. As a jumpmaster, I enjoy executing my duties knowing that I've done everything necessary to ensure the safety and proficiency of the jumpers that I am responsible for."

Master Sgt. Cliff Moffitt, NCO in charge and chief instructor for the Marine Military Free-Fall jumpmaster Course

is a student in the Marine Military Freefall jumpmaster Course.

Hausmann, who has 13 years of military service, including four years as a free-fall jumper, said he is taking the course so he can help his battalion become self-sufficient in free-fall jumping operations.

Moffitt, who has 19 years of service in the Marine Corps, became a jumpmaster 12 years ago as part of his duty as a force reconnaissance Marine.

"I think it is incredible leaving an aircraft at 25,000 feet at night, it is the ultimate feeling of exhilaration," Moffitt said. "As a jumpmaster, I enjoy executing my duties knowing that I've done everything necessary to ensure the safety and proficiency of the jumpers that I am responsible for."



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

March

Arts and Crafts

Framing offers a spring sale

The JBSA-Randolph Frame Shop, located in the Community Services Mall, building 895, offers 25 percent off select frames March 1-31. An experienced framer helps design the perfect artwork for the home or office. Estimates can not be provided over the phone. For more information, call 210-652-5142, option 3.

Bowling

Spring break bowling specials

Bring the kids to the JBSA-Lackland Skylark Bowling Center for affordable entertainment during the days off from school March 12-16, 11 a.m. to 2 p.m. All games are \$1 with \$1 shoe rental. For more information, call 210-671-1234.

Make plans to visit the JBSA-Randolph Bowling Center during spring break, March 12-15. Bowl for the reduced rate of \$2.75 per person. Rental shoes are \$2.75. For more information, call 210-652-6271.

The Easter Bunny joins in bowling fun

Come to the JBSA-Randolph Bowling Center March 25, noon to 3 p.m., and bowl with the Easter Bunny. Cost is \$12 per child, which includes two games of bowling, rental shoes, a picture with the Easter Bunny and a goodie bag. For more information, call 210-652-6271.

All kids, 12 years and younger, are invited to the JBSA-Lackland Skylark Bowling Center to bowl with the Easter Bunny March 31, 11 a.m. to 2 p.m. The cost is \$5 and includes one game of bowling, rental shoes and a bag of candy. For more information, call 210-671-1234.

Lunch is combined with bowling

Stop by the JBSA-Fort Sam Houston Bowling Center Tuesday through Friday, 11 a.m. to 2 p.m., for a lunch special and a friendly bowling competition. Games and rental shoes are \$1.50 each. For more information, call 210-221-3683.

Bowling gets cosmic

Be sure to check out JBSA Bowling Centers for Cosmic Bowling music and light show every Saturday, 7-11 p.m., at the JBSA-Fort Sam Houston Bowling Center and 7-10 p.m., at the JBSA-Randolph Bowling Center. For more information, call JBSA-Fort Sam Houston at 210-221-3683 or 210-221-4740 and JBSA-Randolph at 210-652-6271.

Clubs

Nightlife entertainment offered at the club

Join the JBSA-Lackland Gateway Club for entertainment throughout March. DJs spin favorite tunes at Variety Night,

5 p.m. to 1 a.m., in the Lone Star Lounge. DJs include DJ LJU March 2 and 25, DJ J Rock March 9 and DJ Tony Style March 30. Relax in the lounge or enjoy the cooler weather out on the patio with pool tables and big-screen televisions. For more information, call 210-645-7034.

Bingo fun is at the club

Bingo takes place at 3 p.m. every Sunday and the following Saturdays: March 3 and 31, at 3 p.m. Bingo is also held Monday through Thursday at 7 p.m. Come to the JBSA-Randolph Kendrick Club in the ballroom. Admission is free to members and \$10 for nonmembers.

Join the JBSA-Randolph Kendrick Club for Bingo Extravaganza March 5 and 19 with \$15,000 in total jackpots, a complimentary buffet at 5 p.m. and Early Bird bingo at 6 p.m.

Birthday Bingo is held March 14, 7 p.m., at the JBSA-Randolph Kendrick Club. Birthday members receive one free machine and cake. This event is for Randolph Club members only and an ID card is required. For more information, call 210-652-3056.

Club hosts live musical entertainment

Join the JBSA-Randolph Kendrick Club March 9 for music on the patio. The club opens at 5 p.m., and The Show Band starts at 6 p.m. For more information, call 210-652-3056.

St. Patrick's Day is celebrated

Enjoy an early Irish-themed lunch in celebration of Saint Patrick's Day March 15, 11 a.m. to 3 p.m. Menu items include corn beef and cabbage, Shepard's Pie, grilled stuffed pork chops with green peppers, fried chicken, herb-baked chicken, green fettuccine topped with shrimp Alfredo, whipped potatoes with brown gravy, buttered new potatoes, green beans almandine, corn O'Brien, soup and salad bar, key lime pie, green velvet cake, apple cobbler with whipped topping, bread pudding, green sherbet and St. Patrick's Day cake. The cost is \$11.50 per person. For more information, call 210-645-7037.

Join the party at the JBSA-Lackland Gateway Club to celebrate Saint Patrick's Day March 16, 5 p.m. to midnight, in Lone Star Lounge, featuring DJ Tony Style. For more information, call 210-645-7034.

Guests fly into the Auger

Join the party at the JBSA-Randolph Parr Club Auger Inn for "old school" camaraderie, free light refreshments and great music March 16, 5 p.m. Meet neighbors, folks from other squadrons and leadership. There is no cover to join the fun. For more information, call 210-658-7445.

Club offers Sunday brunch

Club members and all Department of Defense ID cardholders are invited to enjoy brunch at the historic JBSA-Randolph Parr Club March 18, 10 a.m. to 1 p.m. The cost is \$23 for members, \$25 for nonmembers, \$12 for members' children, 6-12 years, \$15 for nonmembers' children, 6-12 years, and free for children 5 years and younger. For more information, call 210-658-7445.

March birthdays are celebrated with a buffet

The JBSA-Randolph Parr Club offers a complimentary buffet every month for members with birthdays in that month. Members with March birthdays are honored March 21, 11 a.m. to 1:30 p.m. This is free for birthday members. Cost is \$10 for members without a birthday in March, \$5 for members' children, 6-12 years, \$12 for nonmembers and \$6 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. Coupons are not accepted. For more information, call 210-658-7445.

Club appreciates members

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night in the Fiesta Ballroom with entertainment provided by DJ LJU March 27, 5-8 p.m. The cost for members is \$12.50 and nonmembers pay \$15.50. The menu features a salad bar, egg drop soup, Mongolian barbecue, chicken gentle home, rolled beef stuffed with broccoli, fried rice, steamed rice, pork lo mein, stir-fried vegetables, egg rolls with plum sauce, ambrosia, fresh fruit cups and lemon cake. For more information, call 210-645-7034.

Easter brunch includes a special visit

Join the JBSA-Randolph Parr Club for Easter brunch April 1, with seating times at 10 a.m., 10:30 a.m., 12:30 p.m. and 1 p.m. Members can make reservations beginning March 13 and nonmembers beginning March 20. The Easter Bunny passes out candy and children, 12 years and younger, may be entered into a drawing to win free Easter Baskets. The price is \$28 for adult members, \$14 for members' children, 6-12 years, \$32 for adult nonmembers and \$16 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. Dress attire is business casual. Reservations and prepayments are required. The last day to cancel a reservation with a refund is March 27. Coupons, Club bucks or gift certificates are not accepted. To make reservations, call, 210-658-7445 between 10 a.m. to 3 p.m.

Patrons unwind on Fridays

Unwind after a busy work week Fridays at the JBSA-Randolph Kendrick Club. Come early at 5 p.m. and stay

JBSA FSS

late for food, professional bartenders and dance music with DJ Scandalous. The Grill is open from 4-9 p.m. For more information, call 210-652-3056.

Community Programs

Skylark Community Center hosts flea market

Find bargains and treasures during the JBSA-Lackland Skylark Community Center quarterly flea market March 3, 8 a.m. to noon, at the JBSA-Lackland Skylark Bowling Center parking lot. Enjoy shopping, food and music. Sellers can rent spaces for \$10 and tables for \$5 each. For more information, call 210-671-3191.

Broadway productions are honored in a musical revue

Join the JBSA-Fort Sam Houston Harlequin Theatre for "Not So Broadway" March 9 to April 14. This innovative revue honors favorite Broadway songs from productions such as "Wicked," "Chicago," "The Book of Mormon," "Jersey Boys," "Grease," "Matilda," "Dreamgirls" and more through engaging performances. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. Make reservations today. Group rates are available. For more information, call 210-222-9694.

Dogs participate in Easter egg hunt

The JBSA-Lackland Arnold Hall Community Center hosts the Annual Doggie Easter Egg Hunt March 30, 6-7:30 p.m. The hunt takes place on the grounds between Arnold Hall and the Bob Hope Theater. The event is open to all JBSA members. Prizes for best costume, best basket, most eggs found and best Easter bonnet are awarded. Water and snacks for the dogs and owners are provided. All dogs must be on a leash and must be up to date with all shots. Please bring shot records to the event. For more information, call 210-671-2619.

Harlequin Theatre hosts casting calls

The JBSA-Fort Sam Houston Harlequin Theatre always welcomes new talent either behind the stage or on it. Actors are asked to do a brief monologue, one to three minutes, as well as a cold read from the current script. Anyone with knowledge of lighting or sound is welcome to join. The Harlequin relies on the talents of volunteers. Please call to schedule a date and time. For more information, call 210-222-9694.

Fitness

Bikers are challenged

The JBSA-Randolph Rambler Fitness Center invites bikers of all ages to get in the saddle and participate in the 15-mile bike ride at Heritage Park March 3, 7:30 a.m. This event is open to all valid Department of Defense ID cardholders. For more information, call 210-652-7263.

Racquetball tournament held

Participate in the first singles racquetball tournament of the year at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center March 10, 9 a.m. This event is free and is a double-elimination format. Register at the JBFC before March 4. For more information, call 210-221-1234.

Participants are challenged

The JBSA-Lackland Chaparral Fitness Center hosts a Miles Challenge March 12, 8 a.m. Participants have 30 minutes to record as many miles as possible using either the treadmill, elliptical or bike. Participants can take a photo of the miles and distance or notify the front office staff to record the results. The person with the most mileage wins. For more information, call 210-671-2401 or 210-671-2361.

START TRAINING NOW!

COMING SOON

REGISTRATION WILL BEGIN IN LATE FEBRUARY



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FOR MORE INFORMATION, PLEASE CALL (210)652-7263.





Bracket contest hosted by Fitness Center

Join the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus for a Madness Bracket Contest March 13. Brackets must be submitted before the start of the first game. One bracket is accepted per person for all Department of Defense ID cardholders, 16 years and older. Prizes are awarded to the first-, second- and third-place finishers. A tie breaker is determined by guessing the final score of the National Championship Game. For more information, call 210-808-5709.

Basketball players play in three-on-three tournaments

Gather friends and join the JBSA-Lackland Gillum Fitness Center for a double-elimination, three-on-three basketball tournament March 16, 11:30 a.m. to 1:30 p.m. Games are played for 12 minutes or until a team scores 10 points, whichever comes first. For more information, call 210-977-2353.

Participate in a three-on-three basketball tournament at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center March 17, 9 a.m. Teams consist of three players and an alternate player. This event is free and open to all Department of Defense ID cardholders, 18 years and older. If an individual does not have a team, event coordinators can assemble a team the day of the event. Register at the

Jimmy Brought Fitness Center no later than March 12. For more information, call 210-221-1234.

Runners and walkers wear green

Join the JBSA-Randolph Rambler Fitness Center for a Saint Patrick's Day 5K run or walk March 17, 7:30 a.m., at Heritage Park. This event is open to all valid Department of Defense ID cardholders. For more information, call 210-652-7263.

Dress up in green and join the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus for a Saint Patrick's Day Fun Run March 17, 9 a.m. This free 5K run or walk starts in the Naval Aquatic Center parking lot and is open to all Department of Defense ID cardholders and guests. For more information, call 210-808-5709.

Golf

Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior Four-Person Scramble March 2, with a 12:30 p.m. shotgun start. Cost is \$25 for members and \$35 for nonmembers. The fee includes green fee, golf cart, prize money and a social after the round. For more information, call 210-222-9386.

Individuals compete in a tournament

The JBSA-Lackland Gateway Hills Golf Course hosts the Spring Individual Golf Tournament March 10-11, with an 8 a.m. shotgun start. Sign up no later than March 7. The cost is \$30 per person plus cart and green fees. For more information, call 210-671-3466.

JBSA-Lackland Gateway Club

Easter Sunday Brunch April 1

10:30 a.m. to 2 p.m.

\$24.95 members	\$10.95 member's child, ages 6-11
\$25.95 nonmembers	\$11.95 nonmember's child, ages 6-11

Children age 5 and younger eat for free.

Entrees

- Bourbon-glazed Ham
- Roast Lamb with Mint Jelly
- Rosemary-crust Prime Rib with Au Jus
- Herb-roasted Turkey with Cranberry Chutney
- Crabmeat-stuffed Tilapia with White Wine Sauce

Extensive array of side items, salads, breakfast items & desserts

For more information, call (210) 645-7034.

No coupons accepted at this buffet.

Couples enjoy a scramble

Come enjoy an afternoon on the golf course with a friend, coworker or significant other March 18, 1 p.m. at

the JBSA-Fort Sam Houston Golf Course for a couples scramble. The cost is \$30 for members and \$50 for nonmember teams. Price includes green fee, cart, prize fund and a social after the round. To sign up, call 210-222-9386.

Spring fling scramble held

The JBSA-Fort Sam Houston Golf Course hosts a Spring Fling Golf Scramble March 23, with a 12:30 p.m. start. This is a four-person event. The cost is \$25 for members and \$35 for nonmembers. Price includes cart, prizes and a social after the event. For more information, call 210-222-9386.

Spring brings on Randolph dual

Join the JBSA-Randolph Golf Course for the Spring Randolph Dual March 24-25, with 7-9 a.m. tee times. This is a two-person event; day one is a scramble, and day two is a shamble. It is pre-flighted based on Golf Handicap and Information Network®. A lunch is provided after the first round Saturday, and golfers have a chance to win golf merchandise during a drawing. All golfers who place in this tournament receive a certificate for pro shop merchandise. Cost is \$90 for members and \$125 for nonmembers and includes green fees, cart fees, lunch Saturday, a prize drawing, a goody bag and gift certificates for the placing teams. For more information, call 210-652-4653.

Information, Tickets and Travel

Disney® offers Discounts to Military

Patrons can purchase tickets from all of the JBSA Information, Tickets and Travel locations. Disney® is once again providing the Military Salute Tickets to eligible service members and has extended special admission tickets for active-duty military and retirees through Dec. 19, which means tickets must be used by Dec. 19. The number of tickets that can be purchased is six per military member or retiree ID card. The military member or retiree must accompany their party at the gate to activate the tickets. The only Disney World® Salute tickets available to order right now are the hopper tickets. Cost for the four-day tickets range from \$224 to \$264. The five-day range from \$244 to \$284; each price is per person. ITT also carries Disneyland® three-day park hopper admission tickets for \$168 and the four-day hopper for \$188. Both parks have blackout dates so please inquire about the dates prior to purchase. For more information, call the JBSA-Fort Sam Houston ITT at 210-808-1376 or 210-808-1378, the JBSA-Lackland ITT at 210-671-7111 or the JBSA-Randolph ITT at 210-652-5142.

Renaissance faire takes visitors back in time

Pick up tickets at JBSA-Lackland Information, Tickets and Travel office and step into the Renaissance era at the Sherwood Forest Faire Saturdays and Sundays, March 3 to April 22 and Friday, March 16 in McDade, Texas. Enjoy music, craft demonstrations, libations, food, games, jousting and costumed villagers. Visitors are welcome to dress in period costumes and become completely blended as part of the Renaissance experience. Cost is \$20 for adults and \$10 for children, 6-12 years. Children 5 years and younger attend for free. For more information, call 210-671-3059.

Kinder Casino trips

Travel to the Grand Casino Coushatta in Kinder, La., with the JBSA-Randolph Information, Tickets and Travel. The trip includes round-trip motor coach transportation, hotel accommodations, a \$23 voucher from the casino and friendly service from the bus driver. The bus departs at 7:30 a.m. and returns at approximately 9 p.m. the next day. Cost is \$65 for double occupancy or \$130 for single occupancy. The 2018 trip schedule is March 20-21, May 8-9, July 10-11, Sept. 11-12 and Nov. 6-7. For more information, call 210-652-5142, option 1.



Taste of JBSA

JBSA-Fort Sam Houston

Taste of JBSA

Craft Beer & Wine Fest

March 23 • 4-8 p.m.

Parking lot of Military & Family Readiness Center Bldg, 2797

\$12 per wristband
(includes 5 wine or beer tastings and a souvenir glass)

Take advantage of PARENTS' NIGHT OUT 6:30-10:30 p.m.
\$25 per child with a multiple child discount.

For more information, call Community Programs at (210) 652-5763.

mybook-the-venue.com

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No federal endorsement of sponsor intended. Please drink responsibly.

Discounted sports tickets available

JBSA-Fort Sam Houston Information, Tickets and Travel office offers discounted Spurs, Rampage and Stars tickets. Discounted tickets are also available online by going to <http://spurs.com/fortsamhoustitt> and using the discount code: FORTSAM. For more information, call 210-808-1378.

Getaway to Punta Cana during Memorial Day

The JBSA-Lackland Information, Tickets and Travel Leisure Travel office offers an all-inclusive, four-night and five-day package that travels from San Antonio to Punta Cana, Dominican Republic May 17-21. Price includes round trip airfare, airport transfers and all-inclusive hotel accommodations. Rates start at \$1,500 per person. A \$200 per person deposit and a \$10 service fee are due at the time of booking. Final payment is due April 2. For more information, call 210-671-7111.

Sandals Ocho Rios vacation package available

The JBSA-Lackland Information, Tickets and Travel Leisure Travel office offers a way to start the summer off with a six-night, seven-day vacation, traveling from San Antonio to Montego Bay, Jamaica June 3-9. This all-inclusive package includes round trip airfare, airport

transfers and all-inclusive hotel accommodations. Rates start at \$2,000 per person, based on a family of four. An \$800 per person deposit and a \$10 service fee are due at the time of booking. Final payment is due April 19. For more information, call 210-671-7111.

Military & Family Readiness

Financial guidance for moving out of military dorms

Service members review budget information, basic allowance for housing and other associated costs of renting during the Moving Out of the Dorm workshop March 5, 11:30 a.m. to 12:30 p.m., at the JBSA-Lackland Military & Family Readiness Center. To reserve a seat, call 210-671-3722.

Transitioning Service members pursue technical career

Service members transitioning out of the military who have completed the Transition Goals, Plans, Success workshop may register for the two-day Career Technical Training Track to receive guidance in selecting a technical training school and technical fields, reviewing the application and identifying requirements, Veteran's Affairs education benefits and more. The workshop is held at JBSA-Lackland March 5-6 and JBSA-Fort Sam Houston March 22-23. To register, call JBSA-Lackland at 210-671-3722 and JBSA-Fort Sam Houston at 210-221-1213.

Key Spouse Continuing Education Training

JBSA-Randolph Military & Family Readiness hosts a Key Spouses Continuing Education Training March 15, 10:30 a.m. to 12:30 p.m. For more information, call 210-652-5321.

Seminar helps patrons become foster parents

Military & Family Readiness partners with the Texas Department of Family and Protective Services to host an Adoption and Foster Care Seminar March 20, 9 a.m. to noon, at the JBSA-Lackland Gateway Club. The seminar reviews state and legal requirements, DEERS enrollment and more. To register, call 210-671-3722.

Hiring Heroes Career Fair

JBSA-Fort Sam Houston hosts a Hiring Heroes Career Fair March 21, 9 a.m. to 2 p.m., at the Sam Houston Community Center. The event serves as an initiative to provide continuing outreach, recruitment assistance and services to wounded, ill, injured and transitioning service members, veterans, spouses and primary caregivers to increase awareness of job opportunities. For more information, call 571-372-2123 or 210-221-1213.

Guided tour of Fort Sam Houston

JBSA-Fort Sam Houston houses the largest collection of historical buildings in the Department of Defense. Reserve a seat for Trails and Tales, a guided tour of Fort Sam Houston, March 23, 8-11 a.m., to learn about the installation's rich history. Due to limited seating, registration is required. To reserve a seat, call 210-221-2705.

Franchising workshop offered

Participants look at business ownership, franchise opportunities and weigh out the benefits and challenges March 28, 1-3 p.m., at the JBSA-Lackland Military & Family Readiness Center. To reserve a seat, call 210-671-3722.

Military Families reconnect with a camp out

Key Spouses, Family Readiness Groups, Ombudsman, Hearts Apart and all other military families are invited to disconnect from their devices and reconnect as a family through team building activities, camping games and more during an overnight camp out April 14-15 at the JBSA Recreation Park @ Canyon Lake. Register before April 2; limited space is available. For more information, call 210-221-2705.

Outdoor Recreation**Concealed handgun license class offered**

The JBSA-Camp Bullis Rod-N-Gun Recreation Center offers concealed handgun license classes March 10 and 17, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. To register for a class, visit <http://www.chlregistration.com>. Once on the website, select "register for class." Then select "Dan Willis-Leatherneck Arms." Class details are available online at <http://www.myjbsa-fss-mwr.com>. For more information, call 210-363-2332.

Participants wear green and receive a discount

Get lucky and join JBSA-Lackland Outdoor Recreation for the annual Saint Patrick's Day paintball event March 17, 9 a.m. to noon. The price is \$30 per person, when wearing green, and includes two bags of paintballs with 1,000 rounds, daily air refills, marker and mask rental and field fees. The event is open to all Department of Defense ID card holders. Participants must be 10 years and older to play. For more information, call 210-925-5532.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a 3-D archery competition March 24-25, 8 a.m. to 1 p.m. Registration is 8-10 a.m. The fun shoot registration is 8-11 a.m. Fun shoot cost is \$5 for E1-E4, active duty or medically retired, \$15 per person for all others, 13 years and older and youth, 12 years and younger, shoot for \$5. The competition fee is \$10 for E1-E4, active duty or medically retired and \$20 per person for all others, 13 years and older. For more information, call 210-295-7577.

Outdoor exposition offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center offers an outdoor recreation and hunting exposition March 24, 10 a.m. to 2 p.m., to promote various outdoor recreation activities available on Camp Bullis. This free event is open to all Department of Defense ID cardholders. This event is sponsored by Mortgage Solutions and Gun Locker Inc. No federal endorsement of sponsors intended. For more information, call 210-295-7529.

Bunny costumes available to rent

Easter is just around the corner and the JBSA-Lackland Outdoor Recreation has a variety of Easter bunny costumes available to rent for \$40 per day. The costume rental includes a bunny suit, fuzzy slippers, gloves, mask, apron and bow tie. For more information, call 210-925-5532.

Half price fishing boat special

Rent a fishing boat at the JBSA Recreation Park @ Canyon Lake for half price in March. Bring a fishing pole or purchase equipment and bait from the country store. Participants must have taken the Boater's Safety Course through the State of Texas to rent a boat. JBSA offers the course at the JBSA Recreation Park @ Canyon Lake or the Outdoor Recreation locations on JBSA installations. For more information, call 1-830-226-5357.

Boat storage available

The JBSA Recreation Park @ Canyon Lake offers boat owners a place to store boats with several options to suit boat owner's needs. Watercrafts can be stored in the water at the marina or in a dry-storage facility. For more information, call 1-800-280-5357.

Youth and Children**Let's Talk Youth Hiring Fair**

Join JBSA-Lackland Youth Programs for a opportunity to meet job-ready teens and discuss possible employment opportunities March 2, 5-7 p.m. Business attire is recommended. For more information, call 210-671-2388.

Youth skate the night away

Skate the night away with the JBSA-Fort Sam Houston Youth Programs March 9, 5-7 p.m., at the Patch and Chaffee Youth Center, building 2515. This is a free family event and skates are provided, if needed. For more information, call 210-221-3630.

High school lock-in held

All JBSA-Fort Sam Houston high school youth, in grades 9-12, are invited to attend the high school lock-in March 9, 9 p.m. to 7 a.m. Cost is \$10 per youth and permission slips are required. For more information, call 210-221-3502.

Preteens attend a St. Patrick's Day dance

Preteens, 9-12 years, are invited to attend a Saint Patrick's Day dance at JBSA-Randolph Youth Programs March 16, 6-9 p.m. Bring dancing shoes and dance the night away with friends. For more information, call 210-652-3298.

Summer camp registration begins

The JBSA-Randolph Youth Programs School Age Summer Camp Registration starts March 12 and continues until all slots are full. Slot requests are handled through <http://www.militarychildcare.com>. Once offered a slot, parents need to visit Youth Programs to complete the registration. Camp is open to youth 5-12 years. Fees are based on total family income, and all required paperwork must be on file including immunization records with a flu vaccination. For more information, call 210-652-2088.

Parents are invited to register children, 5 years, and in kindergarten, through 12 years, for Summer Break Camp at JBSA-Lackland Youth Programs on

<http://www.militarychildcare.com> starting March 19. School-Age Care school year paperwork must be completed and on file prior to registration. Request of care is required for all camps. The cost varies by household income. For more information, call 210-671-2388.

Basketball is played until midnight

Youth, 11 years and older, are invited to participate in Midnight Madness March 17, 7 p.m. to midnight, at the JBSA-Fort Sam Houston Youth Center. Youth, 11-13 years, play 7-9 p.m. Youth, 14-18 years, play 9 p.m. to midnight. For more information call, 210-221-3502.

Parents offered a break

JBSA-Lackland Youth Programs gives parents a much needed break through the Give Parents a Break or Parents' Night Out program March 23, 6:30-10:30 p.m. Children, 5 years, and in kindergarten, to 12 years, are provided snacks and entertained with activities and games. The cost is \$25 per child with a multiple-child discount or free with a GPAB referral. Late pickup is subject to \$5 for the first five minutes, then \$3 for every minute after that. A minimum number of participants is required. Call 210-671-2388 to register children 5-12 years and to register children 6 weeks to 4 years call 210-671-3675.

Youth hunt for Easter eggs

The JBSA-Fort Sam Houston Youth Programs hosts the annual Easter Egg Hunt March 24, 10 a.m. to noon, at the Dodd Field Youth Sports Complex for children 10 years and younger. The egg hunts begin at 10:30 and are broken into age groups. For more information, call 210-221-3630 or 210-221-3502.

Teens take a college trip

Teens are invited to take a trip to a college in the San Antonio or Austin area with the JBSA-Fort Sam Houston Youth Programs March 30, 9 a.m. to 5 p.m. They have the opportunity to see the campus, tour the facilities and learn about college life. Space is limited to 12 teens. For more information, call 210-221-3502.

Youth participate in instructional programs

Instructional lessons are offered at the JBSA-Fort Sam Houston Youth Program for children, 6 months to 18 years. Instruction times vary per activity. Available classes include: Tae Kwon Do, tumbling, piano, violin, guitar, home school, tennis, dance, ceramics and more. For more information, call 210-221-3382.

STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>



USU offers degree opportunities for enlisted members

An expansion is planned to include more METC programs

By Sharon Holland
UNIFORMED SERVICES UNIVERSITY
OF THE HEALTH SCIENCES

Enlisted service members have often been referred to as the backbone of the military for their support, leadership, willingness to get the job done and thirst for knowledge.

Retaining dedicated, talented troops is important to ensuring that their experience is passed on to the next generation of noncommissioned officers and to preparing them for careers in the civilian sector once they leave the service.

The Uniformed Services University of the Health Sciences, known as USU, offers a wide variety of educational opportunities open to enlisted personnel.

USU, a Defense Department agency, is the nation's only federal health sciences university. The school's main campus is in Bethesda, Md., next to the Walter Reed National Military Medical Center, and it also offers programs for enlisted service members in San Antonio.

College of Allied Health Sciences

Congress granted approval in the 2017 National Defense Authorization Act for USU to grant undergraduate degrees.

As a result, the University's College of Allied Health Sciences was established to meet the needs of corpsmen, medics, technicians and the services by awarding transferable college credits that can lead to undergraduate degrees for enlisted students completing military medical training programs at the Defense Health Agency's Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston.



SHARON HOLLAND

Dr. Kenneth Moritsugu (center), a member of the Uniformed Services University of the Health Sciences board of regents, watches students in the Medical Education and Training Campus medical laboratory technologist course practice blood draws at Joint Base San Antonio-Fort Sam Houston.

The degree program can make students more competitive for promotion and more marketable in the civilian sector once they leave active duty.

USU faculty members assess academic portfolios for students enrolled in one of five METC programs — surgical technologist, medical laboratory technologist, nuclear medicine technician, physical therapy technician, and neurodiagnostic technician — and for instructors in 49 METC programs.

An expansion is planned to include more METC programs, and other military organizations have also expressed interest in working with the college, including the U.S. Air Force School of Aerospace Medicine at Wright-Patterson Air Force Base, Ohio, the Tri-Service Research Laboratory at Joint Base San Antonio-Fort Sam Houston and the Community College of the Air Force.

Students' qualifications, as well as the training received at METC, is documented and transferred to recognized, transcripted college credits with the opportunity to complete a degree awarded from USU once enough credits are earned, officials said. These

transcripts also capture previous education and training for enrolled students, and apply current course work toward requirements for a USU degree in a process fully vetted and approved by the Middle States Commission of Higher Education, USU's accrediting institution.

Enlisted to Physician Program

The USU Enlisted to Medical Degree Preparatory Program, or EMDP2, was designed to give promising enlisted service members interested in becoming military physicians a pathway to medical school.

The two-year program is a partnership of USU, the Army, the Navy, the Air Force, the Marine Corps and the George Mason University-Prince William Campus in Manassas, Virginia. Students remain on active duty and maintain their current pay and benefits while going to school full time.

Once they complete the rigorous program, successful students will be competitive for acceptance to U.S. medical schools, USU officials said.

"I think one outstanding thing about this program, from

the day I submitted my packet, is that everyone is encouraging and they are motivated to see you succeed," said former Army Sgt. 1st Class Joshua Richter, a member of the charter EMDP2 class and now a second lieutenant and student in the Hebert School of Medicine class of 2020.

F. Edward Hebert School of Medicine

Participating in the EMDP2 program is not the only way enlisted members can enter medical school at USU's F. Edward Hebert School of Medicine.

Army Col. (Dr.) Robert Mabry served 11 years as an Army Ranger infantryman and Special Forces medical sergeant before applying to medical school at USU. Mabry, who served as a rescue medic with Task Force Ranger in Mogadishu, Somalia, during the infamous "Black Hawk Down" battle in 1993, chose USU after interviewing for medical schools because, he said, "the whole organization was dedicated to ensuring my success as a doctor."

Mabry's NCO experience paved the way for his career in emergency medicine. Since graduating from USU, he has served as the program director of the Military Emergency Medical Services and Disaster Medicine Fellowship, the largest EMS fellowship in the nation, and as the director of trauma care delivery at the Department of Defense Trauma Center of Excellence at Joint Base San Antonio-Fort Sam Houston.

He completed the prestigious Robert Wood Johnson Clinical Scholars program, where he helped develop health policy while serving on Capitol Hill, and now serves as the Joint Special Operations Command Surgeon at Fort Bragg, N.C.

"Bob came to USU, graduated near the top of his class as class president, went on to become one of the most out-

standing emergency docs in the military health system and helped create the combat casualty doctrine today that saved many men and women's lives in Afghanistan and Iraq," said Dr. Art Kellerman, dean of the Hebert School of Medicine.

NCOs who have their undergraduate degree and meet the criteria for entrance can apply for admission. Fifteen percent of the class that entered USU this past year spent time in the enlisted ranks before starting medical school.

Graduate Programs in the Biomedical Sciences and Public Health

USU's Hebert School of Medicine also has graduate degree programs in the biomedical sciences and public health. They include doctoral programs in emerging infectious diseases, neuroscience, molecular and cell biology, medical psychology, clinical psychology, health professions education, environmental health sciences, and medical zoology.

In addition, master's degree programs are offered in public health, tropical medicine and hygiene, health administration and policy, health professions education and military medical history.

All of these programs are open to enlisted service members, with the exception of one clinical psychology track that is open only to civilians, and the Master of Tropical Medicine and Hygiene, which is available only to military physicians whose careers are focused on tropical medicine.

Students enrolled in USU's graduate programs remain on active duty and maintain their rank and pay throughout their enrollment. As with all of USU's educational programs, tuition is waived. An additional service commitment is incurred after successful completion of the program. Interested applicants must have the support of their command to apply for these programs.

LACKLAND

JBSA MWD hospital keeps canine warriors fit for duty

By Mary Nell Sanchez

502ND AIR BASE WING
PUBLIC AFFAIRS

The Lt. Col. Daniel E. Holland Memorial Military Working Dog Hospital at Joint Base San Antonio-Lackland provides specialty care for canine warriors, while also supporting the Air Force's 341st Training Squadron.

"We are the hospital facility with the highest level of consultation, referral and care," said Dr. Walter F. Burghardt Jr., chief of Behavioral Medicine and MWD studies at the facility.

The hospital provides specialty care for animals from more than 200 locations around the world where military working dogs serve. It houses 700-900 dogs, trained at JBSA, which also receive care.

Army veterinarians and residents assigned at the hospital also receive specialty training during their assignments, Burghardt added.

"The average veterinarian is a general practitioner, so anytime we can provide them with some additional training is a plus for them, and it's also a plus for us," Burghardt said.

One of the hospital's specialties is behavioral training.

"Like people, there's not a perfect dog," said Burghardt, adding that this field is targeted primarily at military working dogs which is their main population.

Each dog has unique challenges it encounters as it is going from untrained to trained.

"The most frequent ones are the behaviors that tend to get in the way of the dog learning what he's supposed to be learning," Burghardt said.

Those behaviors can include

CANINE continues on 20



STAFF SGT. MICHAEL ELLIS

Military Working Dog SStash stands for the first time on his new outfitted leg brace at Lt. Col. Daniel E. Holland Memorial Military Working Dog Hospital on April 2, 2015, at Joint Base San Antonio-Lackland.

433RD AW WELCOMES AIR FORCE RESERVE TROOPS



TECH SGT. CARLO J. TREVINO

Col. Thomas K. Smith, Jr. (left near American flag), 433rd Airlift Wing commander, administers the oath of enlistment to 48 future 433rd Airlift Wing Reserve Citizen Airmen Feb. 10 at Joint Base San Antonio-Lackland. The future Airmen, members of the Delayed Enlistment Training Flight, were supported by Chief Master Sgt. Brian, 433rd AW command chief, 10 recruiters, load masters and a flight engineer.

CENTER FOR SECURITY FORCES NAMES 2017 SAILOR OF THE YEAR



CHIEF PETTY OFFICER SARA HORVATH

Vice Adm. Mary M. Jackson (right), commander of Navy Installations Command, congratulates Petty Officer 1st Class Shannon Chatterton, the Center for Security Forces 2017 Sailor of the Year. Chatterton is assigned to the U.S. Air Force 341st Training Squadron at Joint Base San Antonio-Lackland, where she supervises and facilitates an 11-week joint-service Military Working Dog Handler Course.

Wilford Hall debuts new flu test equipment



DANIEL J. CALDERÓN

Senior Airman Amber Scandridge (left) and Joe Contreras conduct a practice test of the new Roche LIAT in the Urgent Care Clinic Feb. 6 at Joint Base San Antonio Lackland.

By Daniel J. Calderón

59TH MEDICAL WING PUBLIC AFFAIRS

The 59th Medical Wing, located at Joint Base San Antonio-Lackland, recently introduced a new system that can allow doctors to get test results for the flu in less than an hour.

The Roche Lab in a Tube is a compact molecular diagnostic platform that can be used in doctor's offices, pharmacies, clinics and hospitals to expedite the diagnosing process.

Currently, the 59MDW's Wilford Hall Ambulatory Surgical Center has machines in the lab, Urgent Care Clinic and in the Pediatric Clinic. The system takes 20 minutes for a test result for Flu types A and B, and also for strep throat.

Staff Sgt. Tara Wisecup, a medical technician in the UCC, said the system has been beneficial for patients and for other clinicians.

"Administering and processing the test gives the technicians the opportunity to broaden skill sets, and see what the lab does and how to process the tests,"

she said.

The patient's provider has to see a patient and order the test. Wisecup said the UCC averages about 20-30 flu tests a day since January, when the system started at WHASC.

Tech. Sgt. Timothy Simmants, the Non Commissioned Officer in Charge of Laboratory Operations, said the new system helps the Airmen in his shop as well.

"It lessens the workload for the lab, and allows us to provide faster turnaround time for all the other clinics," he said. "They can run the flu tests in here and free the lab up for other tests."

The self-contained system eliminates the need to add other reagents and acts as another preventative for cross-contamination with other patient samples. Simmants said the new tests have more than a 99 percent accuracy rate in detecting DNA associated with the flu.

For more information about the 59th MDW, including new 59th Medical Wing Texting Service, visit <http://www.59mdw.af.mil/text/>.

LACKLAND BRIEFS

How to Buy a House

Date/Time: March 8, 6-8 p.m.

Location: Military & Family Readiness Center, building 1249

Attendees will discuss the pros and cons of renting a home versus home ownership, budgets, different types of loans, Realtors and more. To register, call 210-671-3722.

Bundles for Babies

Date/Time: March 16, 8:15 a.m. to noon

Location: Military & Family Readiness Center, building 1249

Attendees will receive information on financial planning from conception to college, support programs offered within the community and

parenting skills. Active-duty members who are expectant parents assigned to Joint Base San Antonio-Lackland are encouraged to attend. At the end of the class, attendees affiliated with the Air Force, Navy, Marine Corps, or Coast Guard will receive a gift, courtesy of the Air Force Aid Society. To register for the class, call 210-671-3722.

Adoption & Foster Care Seminar

Date/Time: March 20, 9 a.m. to noon

Location: Gateway Club, building 2490

Review the adoption and foster care process, state and legal requirements, benefits, DEERS enrollment and more. Facilitated by the Texas Department of Family and Protective Services and M&FR. To register, call 210-671-3722.

CANINE

From page 17

biting the wrong people or showing aggression in the wrong situations. Sometimes a dog purchased for service has too high an energy level and isn't able to work.

"We have to sort out whether this is a motivational-behavior issue, or if we've got a medical problem," Burghardt said. A dog may be hurting but is unable to tell a veterinarian where it hurts.

Military working dogs can be tested for vision, hearing, bone and muscle pain, as well as having their blood tested to determine a problem. Care for these canines also comes in the form of rehabilitation and sports medicine, which is also offered at the

hospital.

The hospital is equipped with an intensive care unit and has doctors and veterinary technicians on call for cases outside of regular duty hours.

Approximately 50 civilian and military members keep the hospital running smoothly, according to Lt. Col. Jacque Parker, director of the Department of Defense Military Working Dog Veterinary Service. Parker is a veterinarian surgeon by training and is impressed by the depth of the mission and population the hospital supports.

"We are the only medical facility for the United States Department of Defense military working dogs," Parker said.

One of the most common ailments military working dogs

suffer is Lumbo Sacral Disease. Surgery or therapy is often performed to those suffering to help eliminate some of the pain the dog has while performing its duties.

"It's basically like an arthritis of the lumbar spine," Parker said. Once a month all of the dogs are lined up inside the hospital for their check-ups.

"It's organized chaos," Parker said, adding it is worth it so the dogs can continue to serve their country.

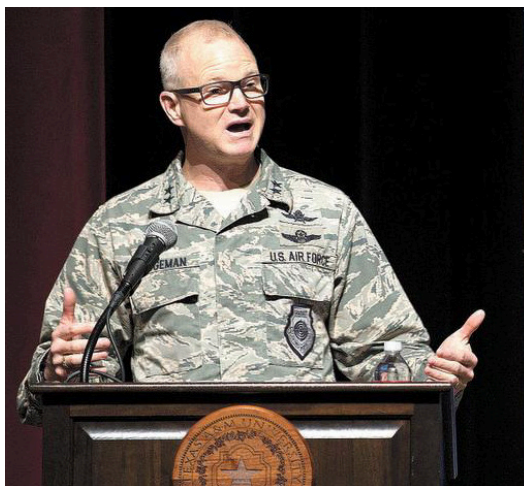
Military working dogs can serve approximately up to eight years before retiring, so efforts to keep them in service during that time are ongoing.

"They're an integral part of our military defense system," Parker said. "They save lives every day."



ROBBIN CRESSWELL

Dr. Walter F. Burghardt Jr., chief of Behavioral Medicine and Military Working Dog Studies, evaluates the behavior of a military working dog at LTC Daniel E. Holland Memorial Military Working Dog Hospital at Joint Base San Antonio-Lackland.



TECH. SGT. R.J. BIERMANN

AIR FORCES CYBER COMMANDER SPEAKS AT TEXAS A&M UNIVERSITY -SAN ANTONIO

Maj. Gen. Chris Weggeman, Air Forces Cyber commander, provides closing remarks during a cybersecurity conference Feb. 8 at Texas A&M University-San Antonio. Several cybersecurity industry experts, policy makers and stakeholders also spoke during the event, which was hosted by Atlantic Council, Victor Pinchuk Foundation and Texas A&M University-San Antonio. "The phrase 'cyber war,' to me is all wrong," Weggeman said during his closing remarks. "It's missing a word. And the word is cyber 'in' war. (It's the) same with 'cyber deterrence.' It's cyber 'in' deterrence. It's all about how does cyber play a role and contribute. It's a more accurate representation of the way we need to apply the capabilities and tool, tactics, techniques and procedures we have at our disposal."

RANDOLPH

59th MDW event promotes healthy lifestyle

JBSA-Randolph's Airmen's Heritage Park will host event

By Robert Goetz
502ND AIR BASE WING
PUBLIC AFFAIRS

The 59th Medical Wing Health Rally — an event that attracted some 300 participants last year — returns to Airmen's Heritage Park at Joint Base San Antonio-Randolph this month.

Comprising of a health fair, a 5K run/walk for children and a 9K run for beneficiaries who are high school age and older, the health rally is set for 9:30 a.m. Feb. 24.

With the support of the 502nd Air Base Wing, the 59th MDW is proactively reaching out to its beneficiaries in a fun, pep rally-like format, said Gina Ramirez, 359th Medical Operations Squadron outreach/resiliency coordinator.

"The purpose of the 59th Medical Wing Health Rally is to show beneficiaries of the San Antonio Military Health System that it genuinely cares for them," she said. "Each and every single health care provider is here in a volunteer status. They are passionate about their profession and they are passionate about the health and well-being of their patients."

The event also opens National Nutrition Month, which is recognized in March, Ramirez said.

"The scope of the theme includes health, fitness, family and nutrition," she said. "We want to take a broader holistic approach to mind-body-behavior wellness."

This year's health rally fea-

**59TH MEDICAL WING
HEALTH RALLY**

Saturday, 24 February 2018 @ 0930
Heritage Park, Randolph AFB
Fit Kid 5K & Health Rally 9K
Register by going to www.HealthRally.us

COURTESY GRAPHIC

tures more race categories: 10 years and younger, 11-13 and 14-17 for the Fit Kid 5K and 14-17, 18-29, 30-49 and 50 and older for the Health Rally 9K. First- through third-place medals will be awarded in each category of the Fit Kid 5K, and medals will be presented to the top three male and top three female finishers in each category of the 9K run.

The Fit Kid 5K is open to participants of all ages, including jog strollers, leashed pets and dorm and temporary lodging residents.

Airmen's Heritage Park will be filled with information booths for the health fair portion of the event. Organizations represented will include

JBSA medical units, military and family readiness centers, youth centers, chaplain services and San Antonio area non-profit organizations.

The health rally enhances the Air Force mission by reaching out to the warfighter, veterans and families and promoting a proactive lifestyle to attain good health, Ramirez said.

"We do this by making available a variety of health-related organizations while also offering a few fitness-related activities," she said. "A key component to becoming a high-reliability organization in the health care industry is to take the initiative to help our beneficiaries from becoming ill

"With the many organizations participating, it will also be a great time to recognize all the resources for children and adults that we have in the JBSA community and in the greater San Antonio area."

Gina Ramirez, 359th Medical Operations Squadron outreach/resiliency coordinator

in the first place. Prevention is the key to health care."

The event will help get children moving and bring awareness of safety and overall health, Ramirez said.

"With the many organizations participating, it will also be a great time to recognize all the resources for children and

adults that we have in the JBSA community and in the greater San Antonio area," she said.

Participants in the Fit Kid 5K and Health Rally 9K can register by visiting www.healthrally.us. Registration, which is free, ends Feb. 22.

HEALTH UPDATE

Operation Supplement Safety

DOD initiative helps members make good decisions on supplement use

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

Dietary supplements are vitamins, minerals, herbs and other substances that are used for a variety of reasons, like adding nutrients to one's diet, lowering the risk of various health problems, enhancing performance and achieving weight loss.

But nutritionists and other health professionals agree they are not a substitute for a healthy diet and some can have a harmful impact on a person's health.

The Air Force takes the use of dietary supplements seriously, participating in Operation Supplement Safety, a Department of Defense initiative that educates health care providers and service members on diet supplement safety. Air Force Instruction 40-104, Health Promotion Nutrition, directs installation commanders to communicate the "informed, responsible and safe use of dietary supplements at least annually."

"The purpose of Operation Supplement Safety is to have members make safe, informed decisions on supplements that can be harmful to their health," said Aracelis Gonzalez-Anderson, 359th Medical Group Health Promotions Program coordinator.

One of the caveats of supplement use is that, although their manufacturers are responsible by law to ensure their products are safe before they hit the market, they are not held to the same standards as pharmaceutical evidence-based medications prior to reaching store shelves, she said.

A problem with some supplements is that they block nutrients the body needs, said Claudia Holtz, 559th Aerospace



AIRMAN 1ST CLASS DANIEL BROSAM

Dietary supplements are vitamins, minerals, herbs and other substances that are used for a variety of reasons, such as adding nutrients to one's diet, lowering the risk of various health problems, enhancing performance and achieving weight loss.

Medicine Squadron Health Promotions Program manager.

"Certain medications can bind with nutrients and inhibit their absorption," she said. "Some nutrient-rich foods and dietary supplements can interfere with the effectiveness of medications."

Before taking any medication or supplement, patients should talk to their doctor or a health care professional to discuss possible interactions and what steps they can take to ensure their body is effectively absorbing important nutrients, Holtz said.

Another problem with supplements is that their effectiveness is not really known, said Lt. Col. Michelle Anton, 359th AMDS commander.

"Supplements have not been

proven to do what they claim they are supposed to do," she said.

Holtz said supplements have not been researched enough to substantiate claims about their effectiveness.

"We're not telling people not to take them," Anton said. "But if they are taking them, they should make sure they know everything they can about them, including how they interact with medications they may be taking. It's important to make an informed decision."

Not all dietary supplements contain unsafe ingredients, Gonzalez-Anderson said, but service members and DOD civilians can see which supplement ingredients are prohibited by the DOD by consulting the Operation Supplement

Safety website, www.opss.org, a handy, comprehensive reference that addresses topics such as fitness and performance, dietary supplement ingredients, weight loss and health. The website also includes alerts and announcements that are updated regularly.

"People should refer to that website for a listing of prohibited dietary supplements as the listing is consistently changing," she said.

One of the ingredients prohibited by the DOD is cannabidiol, or CBD, a naturally occurring substance found in marijuana and a controlled substance that cannot be used in any products. CBD oil has been associated with recent severe adverse events in U.S. service members, especially with re-

"There are reports of fatalities and emergency room visits after using the CBD oil vaping with symptoms of confusion, altered consciousness and seizures."

Claudia Holtz, 559th Aerospace Medicine Squadron Health Promotions Program manager

gard to vaping, according to the OPSS website.

"There are reports of fatalities and emergency room visits after using the CBD oil vaping with symptoms of confusion, altered consciousness and seizures," Holtz said. "Other reported symptoms include hypertension, weight loss, irritability and anxiety."

The FDA has not approved CBD for the treatment of any condition, she said.

"Researchers are still examining the therapeutic effects," Holtz said.

Energy drinks to assist performance are another product that should be used with caution, Gonzalez-Anderson said.

"Be aware of the additional amount of caffeine and other supplements unknown that may not be regulated," she said.

Supplements are not a substitute for food, Holtz said.

"A healthy diet consists of what the U.S. Department of Agriculture MyPlate recommends for daily allowances," she said. "The foods should be from a very colorful diet using fruits, vegetables, proteins from a meat or plant source and complex carbohydrates."

JBSA MEMBERS VISIT PATIENTS DURING THE NATIONAL SALUTE TO VETERANS



COURTESY PHOTO

Chief Master Sgt. Kristopher K. Berg (right), who serves as the Command Chief Master Sergeant for the 502nd Air Base Wing and Joint Base San Antonio, presents a Valentine card to Eugene Graf during the National Salute to Veterans Feb 16. at the Audie L. Murphy Memorial Hospital. Graf was a prisoner of war when he served in the Army Air Corps. The JBSA 2018 Military Ambassadors from all services were also on hand to chat with patients and pass out cards.